

**SHEET PREPARED FOR THE BINDING AND ADHESIVE BAND FOR
BINDING LOOSE SHEETS**

ABSTRACT

The invention relates to a sheet (1; 11; 21; 31) prepared beforehand for the binding, characterised in that it provides a glue or both sides adhesive tape strip (2; 12; 22; 32) along at least one of its edges, or close to the same edge, and a silicone material band (3; 13; 23; 33), realasably placed on said glue or both sides adhesive tape strip (2; 12; 22; 32) and having at least a portion (4; 14; 24; 34) not coupled to said glue or both sides adhesive tape strip (2; 12; 22; 32) to grasp the silicone band (3; 13; 23; 33), during its removal and the binding.

The invention further relates to an adhesive band for binding loose sheets.